

# Nutrition Events at Big Y®

Kathy Jordan is a registered dietitian available in a handful of Big Y locations in Eastern Massachusetts to provide workshops and supermarket tours to community groups for **FREE**.



Kathy Jordan,  
MS, RDN, CPT

Have you ever wondered about certain ingredients or how to shop to reduce the amount of salt in your meals or were you recently diagnosed with a condition requiring a change to your meal plan?

Let the  
Living Well  
Eating Smart  
Team help!

If you are interested to learn more about how Kathy Jordan can help you and your family, contact her directly at:

KathyJordanMSRD@gmail.com  
(508) 272-2417

Store Tour

Event Table

Cooking Demo

Support Group

## EASTERN MASSACHUSETTS SCHEDULE FEBRUARY 2018

### February 6

#### Heart Month Heroes

1:45 – 3:30 PM

Kingston Big Y  
182 Summer Street

High blood pressure? High cholesterol? Stop by our info table to learn about foods you can enjoy to protect your heart.



### February 8

#### Heart Month Heroes

2:15 – 3:45 PM

Easton Big Y  
25 Robert Drive

High blood pressure? High cholesterol? Stop by our info table to learn about foods you can enjoy to protect your heart.



### February 8

#### Eat for Health

4:00 – 5:30 PM

Easton Big Y

25 Robert Drive

Walk the aisles of Big Y and learn how vegetables, fruits, whole grains, lowfat dairy and lean protein foods contain the nutrients you need to achieve optimal health.



### February 13

#### Easy Meals for Busy Mornings

10:30 AM – 12:15 PM

North Quincy Big Y  
467 Hancock Street

Research shows breakfast may be the most important meal of the day. Stop by to sample simple breakfast ideas to fuel your brain and boost energy levels.



### February 14

#### Heart Month Heroes

2:00 – 3:30 PM

Walpole Big Y  
1111 Providence  
Highway

High blood pressure? High cholesterol? Stop by our info table to learn about foods you can enjoy to protect your heart.



### February 20

#### Heart Month Heroes

10:30 AM – 12:15 PM

Norwell Big Y  
10 Washington Street

High blood pressure? High cholesterol? Stop by our info table to learn about foods you can enjoy to protect your heart.



### February 20

#### Heart-Healthy Eating

2:00 – 3:30 PM

Kingston Big Y  
182 Summer Street

Discover current recommendations for heart-healthy eating with tips to apply them to the purchases you make.



### February 27

#### Heart Month Heroes

10:45 AM – 12:30 PM

Norwood Big Y  
434 Walpole Street

High blood pressure? High cholesterol? Stop by our info table to learn about foods you can enjoy to protect your heart.



### February 27

#### Easy Meals for Busy Mornings

2:15 – 4:00 PM

Norwell Big Y  
10 Washington Street

Research shows breakfast may be the most important meal of the day. Stop by to sample simple breakfast ideas to fuel your brain and boost energy levels.



Visit [bigy.com/livingwell/getsocial](http://bigy.com/livingwell/getsocial) for a full list of events.

Tours are Open to All Shoppers. Participants will receive recipes, samples and other great giveaways.

Please Arrive 10 Minutes Before Event at the Y Café. Time and Date Subject to Change.